

Let's Get Moving

Utah Walks

Challenge your school, faculty or class to walk more. Set up a walking path around your school then track the miles you're walking by logging on to www.UtahWalks.org. Click on the mile tracker, register with a user name, and start walking. Individual and group accounts are available. Challenge friends, classmates, family, and co-workers. Every mile you log will bring Utah closer to reaching its goal of walking to Mars. It's a fun, free, and exciting way to keep you walking throughout the year. The site also features an activity conversion chart, where you can measure your everyday activities with miles.



Useful Physical Activity Links for Parents, Teachers, and Kids

For more information about the President's Fitness Challenge Program visit

<http://www.presidentschallenge.org/>

For information and resources for teaching PE visit <http://www.pecentral.org>.